

Yoga, Meditation and the Guru: Critical Reflections on the Australian Scenario



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Indra Publishing. Paperback. Book Condition: new. BRAND NEW, Yoga, Meditation and the Guru: Critical Reflections on the Australian Scenario, Purushottama Bilimoria, A journey through yoga from the yoga schools of Australia to the ancient origins in the Indus River Valley, 4500 years ago. The development of yoga in the ancient texts and practices of India is interwoven with its migration to the West. Dr Bilimoria takes the reader through the therapeutic aspects of yoga to the philosophical traditions in India. He completes the work with a critical review of yoga as practised in Western society generally, but with emphasis on the Australian experience. The introduction to the therapeutic value and ethical considerations of yoga bring the reader to the search for a guru, where Dr Bilimoria offers his advice concerning some precautions to take, to avoid questionable practitioners.



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